

Norfolk

VIRGINIA



NORFOLK MRC NEWS

March 2014

SPRING UPDATES AND REMINDERS

Inside:

Statewide Tornado Drill,
p.2

Text First, Talk Second,
p. 2

Upcoming Training, p. 3

Volunteer spotlight, p. 4



Contact NMRC:

Linda Botts
830 Southampton Ave.
Norfolk, VA 23510
Linda.Botts
@vdh.virginia.gov
(O) 757-683-2760
(F) 757-683-2753
[Like us on Facebook!](#)
[www.facebook.com/
NorfolkMRC](http://www.facebook.com/NorfolkMRC)

As we are just a few days away from Spring (really!) and it's been some time since I updated on this topic, I wanted to take the opportunity to gently remind everyone, seasoned and new volunteers alike, about some of our policies and protocols:

- Please turn your training certificates in as soon as possible after you complete the training. I have to report on training every quarter, and it's difficult to correct my quarterly report if you turn in late certificates from past quarters.
- Please wear your MRC shirts if you have earned them! Not everyone is a fan of polo shirts, I know, but it does help to identify our organization and the volunteer services you are providing at the many events that we support. You do not need to wear them for training events.
- If you are not able to make an event or training you have signed up for, please let me know as soon as possible. No-shows are a real problem; they leave events short-staffed, they leave training seats open when we have waiting lists or have already paid for

attendance. In short, it just reflects poorly on our unit. Your consideration in calling ahead to notify me is greatly appreciated!!!!

- Please do not bring non-MRC people along to "MRC only" events, such as paid training (First Aid, CPR,) - our unit has limited funds and I am only authorized to pay for MRC volunteers for these events. These trainings are advertised as "free to MRC volunteers." If you are not sure if a training is "paid" and would like to bring someone, just ask!
- Please DO bring along friends and family to our community-oriented events, such as our Annual Meeting and our quarterly Dessert Meetings. These activities are advertised as "please invite your family and friends." The more the merrier—we appreciate the opportunity to share health information and fellowship!

Many of you have referred family and friends into our unit. **Thank you** so much for your outreach—please keep it up! ~Linda

In emergencies...

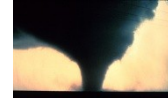
Text First. Talk Second.

This is because non-essential calls often shutdown wireless phone service and prevent 911 calls from getting through and emergency personnel being unable to communicate with each other. In fact, just a single one-minute phone call takes up the same bandwidth as 800 short SMS text messages.

Also, unlike phone calls, text messages get through even when the network is congested. Even if it gets a "busy signal" on its first try the text system will continue to keep trying to deliver your message. This makes text messaging perfect for sending non-emergency messages like "R U OK" and "I M OK."

<http://www.safeamericaprepared.org/programs-a-toolkits/text-first-talk-second.html>

Statewide Tornado Drill, March 11th



To help residents of Virginia practice tornado safety, a Statewide Tornado Drill will be held Tuesday, March 11.

People can learn more and show their support by signing up at www.ReadyVirginia.gov. Everyone in Virginia can participate, including businesses and organizations, schools and colleges, and families and individuals.

"It's vitally important to know what to do when a tornado warning is issued for your area. The Statewide Tornado Drill gives everyone an opportunity to practice," said Brett Burdick, acting state coordinator of emergency management. "Knowing what to do can save your life."

The annual drill is a joint effort of the Virginia Department of Emergency Management and the National Weather Service.

"Tornadoes in Virginia don't have a season. In fact, three tornadoes hit southeast Virginia Jan. 11," said Bill Sammler, NWS warning coordination meteorologist. "Tornadoes are possible in Virginia any time of year. Every tornado warning should be taken very seriously, and if a warning is issued for your area, then you need to take cover."

To start the tornado drill, at 9:45 a.m. March 11 the NWS will send a test tornado warning that will trigger a tone alert and broadcast message on NOAA Weather Radio. The message will be picked up by TV and radio broadcasts, simulating what listeners will hear during an actual tornado warning.

When the test tornado warning is

sounded, people should move as quickly as possible to a safe area in a sturdy building. Safe areas are basements and interior rooms on the lowest level of a building such as bathrooms, closets or hallways. In choosing a safe area, stay away from windows. Once in the safe area, people should crouch down or sit on the floor facing down, and cover heads with hands.

In case of widespread inclement weather March 11, the Statewide Tornado Drill will be held March 13.

"If you don't have a NOAA Weather Radio, then make a point now to get one," said Sammler. "One of the fastest ways for people to get a tornado warning is by Weather Radio. With a Weather Radio, you get information directly from the nearest National Weather Service office. When we issue a tornado warning, the Weather Radio sounds an alarm or flashes lights and then gives information on where the storm is, which way it's moving, and telling people in its path to take cover. This radio could be a lifesaver."

NOAA Weather Radios with SAME alerts that target warnings to specific areas of the state are available at electronics and sporting goods stores, discount and department stores, and online. They come in battery-powered models, and many also have AM/FM bands. A special needs NOAA Weather Radio is available as well. The special-needs NOAA Weather Radio can warn deaf and hard-of-hearing persons of hazardous conditions, giving them around-the-clock, up-to-the-minute weather information.

Upcoming Training and Activities

MARCH

3/11 Statewide tornado drill. *Your response is required.* Please respond to the VVHS alert that will be issued.

3/15 Hands-Only CPR (not for certification). 30 minute sessions from 9:00A—2:00P, Suffolk Health Dept. 135 Hall Ave. Pre-register by calling Jim Steil at 757-514-4768.

3/15 Free rabies clinic for dogs and cats, 11:00A—2:00P, Kenny Wallace Center, 2315 Victoria Blvd. Hampton. Rain or shine, no appointments needed.

3/19 MRC Dessert Meeting: VDH Office of Shellfish Sanitation, 6:30—8:00P, Norfolk Health Department. Family and friends welcome. Please bring a dessert to share if you wish, (not mandatory to attend). *Please sign up via the VVHS alert.*

3/21 BLS certification, 8:30A-12:30P, Virginia Beach Health Dept. *Certification is free but seats are limited.*

3/22 IS-700 & IS-100 Study Group Classroom, 8:30A—4:30P, Norfolk Emergency Operations Center, 3661 E. Virginia Beach Blvd. *Please sign up via the VVHS alert.*

3/26 CPR certification course, 6:00—10:00P, Norfolk Health Dept. FREE to all MRC Volunteers. *Please sign up via the VVHS alert.*

APRIL

4/3– 6/26 Citizen's Police Academy Training, 6:30—9:30P, Second Patrol Division, 2500 N. Military Hwy. To enroll for this free training: <http://www.cpaan.org/About%20the%20Citizens%20Police%20Academy.htm>

4/5 CERTEX Exercise, Portsmouth. PARTICIPATION AT THIS EVENT WILL MEET YOUR MRC EXERCISE REQUIREMENT. *This alert will go live soon, please sign up via the VVHS alert.*

4/07-4/13 National Public Health Week/National Volunteer Week

4/10 NMRC Level 1 Leadership Meeting, 9:00-11:00A, Norfolk Health Dept. *Agenda will be sent to all Level One volunteers closer to meeting date.*

4/19 IS-22 Study Group Classroom—8:30-12:30P, Norfolk Emergency Operations Center, 3661 E. Virginia Beach Blvd. *Please sign up via the VVHS alert.*

4/23 MRC Dessert Meeting: Mosquitoes 101, 6:30-8:00P, Norfolk Health Dept. *Please sign up via the VVHS alert to come out in late March.*

*Please register for all activities through Linda unless noted otherwise.
Thank you!*

CBRNE Courses

VDH is offering two polycoms (videoconference) trainings on CBRNE:

Chemical Threats

Thursday, March 20

10:00—11:00 AM

Presenter: Dwight Flammia, Ph.D., State Public Health Toxicologist, Division of Environmental Epidemiology

Biological Threats

Thursday, April 17

10:00—11:00 AM

Presenter: Diane Woolard, Ph.D., Director, Division of Surveillance and Investigation

Both courses are FREE and will be offered at the Virginia Beach Health Department, 4452 Corporation Ln. Virginia Beach.

To register, please contact Linda (Linda.Botts@vdh.virginia.gov or 757-683-2760.)



Volunteer Spotlight



Dorolyn Alper and students provided Art Therapy February 24th at the Hands Together Historic Triangle in Williamsburg, creating this memorable art.



Don't ever question the value of volunteers. Noah's Ark was built by volunteers; the Titanic was built by professionals.

~Dave Gynn, Coleman Professional Services, Ohio, USA

February was a bit more restful than January, but there was a lot of work going on behind the scenes (take a look at the upcoming training and activities on page 3)!

Thank you to **Sean Hess** and **Tavia Petway** for their help in promoting the MRC by appearing on the WHRO show *HealthWatch* with me. Ladies, you did a great job! Check it out at www.norfolk.gov/HealthWatch.

Thank you to **Lisa Billow** for her work as a counselor for the Affordable Care Act. Lisa has spent a considerable amount of time calling and meeting with people regarding signing up for insurance in the new health care marketplace.

Thank you to **Alicia Anthony** for her continued invaluable assistance in the MRC office. *Thank you, thank you, thank you!*

Thank you to **Patrica Jennings** for her continued diligence in the STI clinic, her help is much appreciated by the staff!

Thank you to **Tara Newcomb** and **Ann Bruhn** for a great MRC recruiting opportunity at the Winter Weekend Dental Hygienist training conference. Tara and Ann presented information on forensic odontology and discussed the Mass Fatality Response Team and the MRC. Special thanks to **Lara Botts** for her assistance in recruiting at this event.

Thank you to **Jim Hahn** for taking the Abstinence Education Program Promotion training and becoming a program promoter—this is a great asset to the program!

Thank you to **Dorolyn Alper** and her students for their help at the Hands Together Historic Triangle Homeless Event. Peninsula MRC was thrilled to have your Art Therapy expertise at this event. Check out the art they created with participants at the event, this page (Dorolyn in red vest).

Thank You!

National Volunteer Week, April 5-12

National Public Health Week, April 7-13

It's no coincidence that these dates overlap—public health volunteers, a.k.a. the MRC, are special people!

I will be putting out a short one-question survey for you within the next week pertaining to these themes, please respond and be sure to let your voice be heard!